

## 9. Prove your beliefs wrong, part 1

*Part 1: Now that you know many of your shadow beliefs, we're going to see which ones you can prove wrong. this exercise has a Part 2, in which you 'll create a new, empowering belief to replace each of the limiting beliefs.*

1. Draw two vertical lines on a piece of paper, or create three columns on your screen.

Label the left column "Old Belief".

Label the middle column "Counter-Example".

Label the right column "New Belief".

2. Look at the beliefs you wrote down in the first two exercises of this chapter. Choose the five beliefs that you feel are currently the most damaging. Write down each of these five beliefs in the "Old Belief" column, drawing a horizontal line under each one across all of the columns.

Old Belief	Counter-example	New belief
1.		
2.		
3.		
4.		
5.		

3. Looking at each belief in turn, ask yourself if there's ever been a counter-example to that belief. Can you come up with a time in your life when each of these beliefs was proven untrue? For example, let's say you've always held the belief "Nobody loves their job." Well, you're reading a book right now by someone who absolutely *loves* her job! I would do it for free. So you can write in the middle column, "Nancy Levin loves her job." What about "Everything I want is too expensive"? Surely there's something you've wanted in your life that you've been able to afford. In the middle column next to that belief, write down something you really wanted that you were able to buy. Do this for each belief in your left column. If you have more than one counter-example, write them all down.

4. If you come upon a belief for which you have no counter-example, put a star in the second column. As you work through the rest of the book, you'll likely find one. Let's say you hold a belief "I have no marketable skills." Even if you feel you haven't disproved that belief up to now, all you have to do is study something that's marketable. By the time you're finished with this book, you'll be able to go back to your beliefs list and cross many of them off, one by one.

## 9. Prove your beliefs wrong, part 2

*Next, let's create new beliefs that feel empowering and positive.*

Take a look at the left-hand column again. Read each belief, and create a new belief to replace the old one. Write your new belief in the third column on the right. For example, if your belief is "I don't have any skills," the new belief might be "I have plenty of skills and talents that I can offer in the marketplace," or "I can learn new skills that will be marketable in the marketplace."

Affirm your worth!

Write the following in the blue box below:

"My beliefs are in harmony with the life I desire."

